



# THE CENTER AT PRISCILLA PLACE



*Senior Center Serving Adults Age 55+*

23 Priscilla Place • (203) 452-5199

FEBRUARY 2018

**First Selectman** (203) 452-5005

Vicki Tesoro

**Senior Commission Chairman**

Amy DeZenzo (203) 261-0872

**Director of Human Services**

Michele Jakab (203) 452-5144

**Administrative Assistant**

Ashley Ryan Grace (203) 452-5199

**Senior Center Receptionist**

Jeannie Franco (203) 452-5199

**Social Services** (203) 452-5198

Jennifer Gillis (203) 452-5133

**Food Pantry**

Monica Vallejo (203) 452-5135

The center will be closed on Monday, February 19th for President's Day.

## *Valentine's Day Party with The Hoot Owls*

The Hoot Owls are the glee club for the Y's Men. They have 20 members and the director is the well known musician and performer, Chriss Coogan. They do about 15 performances a year for senior centers and assisted living facilities with old songs and show tunes that audiences know and love.

*Lunch will be served.*



**Friday, February 16th**

11:00 AM (doors close at 10:50 AM)

*Seats will fill up fast!*



## 2017 SENIOR CITIZEN COMMISSION

**Chairman** - Amy DeZenzo

**Secretary** - Gail D'Elia

**Clerk** - Barbara Crandall

Ron Foligno

Roberta Bellows

Evelyn Wiesner

Mary Isaac

Marcy Kelly

## AARP Tax Aide

For the tax year 2017, AARP Tax Aide certified volunteers will offer free income tax preparation at the Trumbull Senior Center from 9:00 AM - 12:00 PM each Wednesday from February 7th through April 11th, 2018. No appointments are necessary—just walk in.

### What to bring:

- Photo ID
- Social Security Number/Card
- A copy of your 2015 tax return
- Social Security Statement, SSA 1099
- All tax forms received for tax year 2015 (W2, 1099, etc.)
- End of year investment statements (INT, DIV, STOCKS, BONDS)
- Documentation to support itemized deductions or credits claimed (medical, taxes, contributions, education expenses, etc.)

## CENTER HOURS

Monday through Friday  
9:00 AM—4:00 PM

Like us on  
**facebook**





**The Most Trusted Name in Home Care**

Personal Care • Homemaking  
Companionship • Meal Preparation  
Medication Reminders • Errands/Appointments

Call for your  
FREE Care Assessment!

**(203)923-8866**

Locally Owned and Operated  
in Fairfield, CT



[www.synergyhomecare.com](http://www.synergyhomecare.com)



2875 Main Street, Bridgeport

**(203) 336-0232**

RATED 4-STAR

**Health Care Center**

*your bridge to health*

- SHORT TERM REHABILITATION
- LONG TERM CARE

[Athenahealthcare.com/Northbridge](http://Athenahealthcare.com/Northbridge)  
Managed by Athena Health Care Systems

**Law Offices of Elovson & Tenore**

*...because experience matters.*

ELDERLAW & FAMILY COUNSELING ASSOCIATES, LLC

*"Dedicated to helping senior adults and their families"*

ESTATES • TRUSTS • PROBATE • CONSERVATORSHIPS  
MEDICAID AND ASSET PRESERVATION PLANNING

**203-259-7195 • [www.ConnecticutElderLaw.com](http://www.ConnecticutElderLaw.com)**

FAIRFIELD, CT

**PAT WALKER, Residential Sales Specialist**

THE NEXT GENERATION OF SERVICE

203-545-5746 • [Pat.Walker@CBMMoves.com](mailto:Pat.Walker@CBMMoves.com)

Extensive Marketing Expertise • Strategic Positioning  
Accredited Staging Professional • Critical Negotiating Skills  
Multimillion Dollar Sales Volume • Results



2 Corporate Drive  
Trumbull, CT 06611



since 1989



**SENIOR  
AMERICANS  
RESOURCES**

**Specializing in  
Medicare health plans**

Medicare Supplement  
Medicare Advantage  
Part D Rx Plans

203-744-3705

[www.senioramericansresources.com](http://www.senioramericansresources.com)



Assisted Living  
Memory Care  
Respite Stay

**203-761-1191**

435 Danbury Rd. Wilton, CT  
[www.thegreensatcannondale.com](http://www.thegreensatcannondale.com)

*A Campus of Personalized Care and Enriched Living*



Short-Term Rehabilitation  
Long-Term Skilled Nursing  
Outpatient Therapy Service

**203-834-0199**

439 Danbury Rd. Wilton, CT  
[www.wiltonmeadowshealthcare.com](http://www.wiltonmeadowshealthcare.com)

*Holiday Sale*

**GET HELP AT THE TOUCH OF A BUTTON**



**\$29.<sup>95</sup> / Mo. BILLED QUARTERLY**

- Providing Protection In the Home • **One Month Free**
- No Long-Term Contracts • Price Guarantee

**CALL TODAY! 877.801.5055**



24 SEVEN

**CFM**

**CYRIL F. MULLINS FUNERAL HOME, INC.**

CYRIL F. MULLINS II • HOLLY MULLINS-HART • ROBERT B. CLARK

**203-372-6543**

[www.mullinsfh.com](http://www.mullinsfh.com) email: [cfmullinsfh@gmail.com](mailto:cfmullinsfh@gmail.com)

399 White Plains Road, Trumbull, CT



**A PLACE FOR CARING**

SHORT-TERM REHAB • LONG-TERM CARE • RESPITE

203.459.5152 • [athenanh.com/Maefair](http://athenanh.com/Maefair)

21 Maefair Court  
Trumbull, CT 06611

Continuum of Care Offered by  
Athena Home Health & Hospice.  
Managed by Athena Health Care Systems

**Helping You Continue to Feel Right at Home**

Right at Home of Greater Fairfield County understands that MAINTAINING YOUR INDEPENDENCE is the key to your happiness and well being. We tailor our in-home care, to your individual needs.

- Companionship for an afternoon
- Personal care: bathing & hygiene
- Meal prep, shopping, light housekeeping
- Transportation to appointments & more



We can help you stay at home. Serving Greater Southbury. Call today for a free, in-home assessment or more information.

**203-261-5777**

**[WWW.RAHFFC.COM](http://WWW.RAHFFC.COM)**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.4lpi.com](http://www.4lpi.com)

Trumbull Senior Center

06-5293

## WORKSHOPS, LUNCH AND LEARNS, EVENTS

### Matter of Balance

**Thursday, February 1st, 8th, 15th,  
22nd, March 1st, 8th, 22nd, 29th  
1:00 PM—3:00 PM**

*A Matter of Balance* is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

For more information and to RSVP, please call (203) 452-5199.

### Cooking Demo

**Wednesday, February 14th  
10:30 AM**

Enjoy a Valentine's Day themed cooking demo from Benchmark Senior Living. To RSVP, please call (203) 452-5199.

### Lunch and Learn with Prizes!

**10 Signs That Your Friend or  
Family Member Might Need  
Homecare**

**Wednesday, February 21st  
11:00 AM**

Join Diane Fekete, Director of Community Relations with Connecticut In-Home Assistance, for a fun, interactive discussion and a chance to win \$5.00 gift cards to Dunkin' Donuts! Lunch will be served. For more information and to RSVP, please call (203) 452-5199.

### Lunch and Bingo at Middlebrook Farms in Trumbull

**Tuesday, February 27th  
12:30 PM**

Join your friends at Middlebrook Farms for a fun game of Bingo. A complimentary lunch will be served. For more information and to RSVP, please call (203) 452-5199.

### Drama Club Auditions

**Tuesday, February 27th  
11:15 AM**

Interested in theatre? Join us for a murder mystery drama club beginning on March 6th. Auditions are being held on February 27th. No experience is necessary. Come and have fun! To RSVP for auditions, please call (203) 452-5199.

### Sue's Salon

Haircuts for men & women  
Manicures & pedicures  
Licensed professional.  
For an appointment,  
call (203) 981-7061



#### Price List:

Shampoo/set/blow dry: \$15.00  
Shampoo/cut: \$18.00  
Neck Trim: \$10.00  
Color/cut/set: \$50.00 +  
Perm/wash/cut/set/blow dry:  
\$65.00

### Sit and Fit with Becky!

**Chair Exercise  
February 6th, 20th  
10:30 AM**

Join Rebeca Elmo, Certified Therapeutic Recreation Specialist with Benchmark Senior Living, for a gentle, seated exercise class that is aimed to help reduce stress, gain flexibility and get fit. 1st and 3rd Tuesdays of the month. To RSVP, (203) 452-5199.



## WELLNESS NURSE

### The Wellness Nurse

**(203) 452-5134**

The Wellness Nurse, Stephanie Ramalhete, is available at the Senior Center on Tuesdays, Thursdays and Fridays from 9:00 AM—1:00 PM. She is also available at Stern Village on Wednesdays from 11:00 AM—1:00 PM

- Blood pressure checks
- Medication questions
- Weight
- Nutrition



## PROGRAMS

### Knitting & Crochet Group

**Every Tuesday 10:00am**

Please bring your own supplies. Extra yarn is available. Donations welcomed. Everyone welcome.

#### Upcoming Classes:

1:00 PM-3:00 PM

### February 13th: Amateur Radio

This class is an informational class that will explain the basics of Amateur Radio, better known as Ham Radio. The instructor, Emily Clarke, N1DID, was licensed in 1962 at the age of 10. She has served on the board of AMSAT, the Amateur Radio Satellite Corporation, and has one many operating awards. RSVP, 452-5199.

### FAMILY CONFLICT GROUP

A 12 WEEK Group that will meet on The 1st and 3rd Thursdays of the month at **2:00 PM**.

This group is run by a licensed professional. This group is for anyone feeling frustrated with their family relationships; such as not connecting with your children nor grandchildren as often as you would like. Or you have strained relationships that are affecting you.

### February 1st and 15th

Chanté Moreno, LMSW  
[cmoreno@trumbull-ct.gov](mailto:cmoreno@trumbull-ct.gov)  
203-261-5110

### Daily Lunch Program

Join us for a hot lunch Monday-Friday at 11:45 AM. Reservations required 2 days in advance. Call (203) 378-3086. Suggested donation of \$3.25.

### Computer Tutor: 1:1 Sessions

**Every Wed. and Thurs.**

**10:30 AM—12:00 PM**

- How to send emails/photos, use the internet, social media, anything!

You must RSVP. (203) 452-5199. \$5.00 for non-residents. If you have a laptop, please bring it in.

### Lunch and Movie

**Friday, February 9th**

**11:30 AM—1:00 PM**

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film: **Grease**-A fun musical about a summer, teen romance. Starring: John Travolta and Olivia Newton-John. To RSVP, please call (203) 452-5199.

### Monthly Birthday Party

**Friday, February 23th**

**11:30 AM**

Come celebrate our February birthdays! Cake and coffee will be served. This event is sponsored by SYNERGY Homecare.

To RSVP,

call (203) 452-5199.

### The Book Club

February Book: The Orphan Train

Orphan Train Discussion:

Monday, February 5th, 11:00 AM

### March Book:

**"Nightingale" by Kristen Hannah**

**Pick up first week in February**

**Discussion: March 5th**  
Everyone is welcome.



### DJ Al comes for lunch!

**Thursday, Feb. 22nd**

**11:00 AM**

RSVP for lunch two days in advance (203) 378-7086

Al will play once a month.

Sing-A-Long or dance!



## GAMES

### Bingo

**Monday, February 12th**

**1:00 PM—3:00 PM**

**(bus leaves at 2:30 PM)**

Goodies and refreshments. To RSVP, please call (203) 452-5199.



### Super Bingo

**Friday, February 23th**

**1:00 PM—3:00 PM**

**(bus leaves at 2:30 PM)**

\$5.00 gift cards and refreshments!

RSVP by calling (203) 452-5199.

Sponsored by the Senior

Commission and SYNERGY

Homecare.

### Poker Mondays and Thursdays

**9:00 AM—3:30 PM**

Come join us for a fun game. Don't forget to bring your poker face!

### Texas Hold'em

**Wednesdays and Fridays**

**10:00 AM—3:30 PM**

### Pinochle

**Wed, Thurs, Fri**

**12:30 PM**

Join a game and/or start your own!

### Mah-Jongg

**Wednesdays & Fridays 12:30 PM**

New players are welcome to join!

## FITNESS CLASSES

### **Mondays:**

**Stretch/Strengthen with Nancy-9:00 AM** Stretch, balance, aerobic and strength exercises. Optional: bring weights.

**International Folk Dance with Leng -10:00 AM** A wonderful exercise for your mind, body and spirit.

**Intermediate Line Dance with Shirley-12:45 PM** Line dance to different types of music.

**Yoga with Jeannie-2:00 PM** This is an ancient practice that focuses on rhythmic deep breathing, balance, strength and flexibility.

### **Tuesdays:**

**Fit for Life Exercise with Marylou-9:15 AM** Low-impact aerobic exercise/dance (including a weights segment).

**Ballroom Dance with Mike Stavola-10:30 AM** Ballroom dance lessons with or without a partner.

**Zumba Lessons with Mike Stavola-11:30 AM** Have fun while you dance to energetic music!

**Tai Chi Quan for Better Balance with Alma-1:30 PM** Focuses on improving balance, reducing stress and clearing your mind.

### **Wednesdays:**

**Yoga with Jeannie -9:00 AM** This exercise focuses on breathing, stretching, balance and flexibility movements.

**Jazzercise with Marylou-10:10 AM** Combination of low-impact aerobic exercise and dance.

**Tap Dance with Shirley-11:00 AM** Experience required. Please bring your own tap shoes.

**Qigong with Julie-12:30 PM** Practice that focuses on lowering stress, improving immunity and strengthening internal and external balance.

### **Thursdays:**

**Balance, Core Strengthening and Stretch (Pilates)-with Jeannie-9:00 AM** This class focuses on breath, balance, core and total body strength and stretch. Bring a mat.

**Strength Training with Jeannie-10:15 AM** Build strength and muscle while feeling stronger and more flexible. Please bring a towel and mat.

**Feldenkrais with Cathy-11:30 AM** Awareness through movement. Learn the importance of proper movement techniques while sitting.

### **Fridays:**

**Zumba Gold with Jeannie-9:00 AM** Dance to international music while toning the entire body.

**Tai Chi with David-10:15 AM** An ancient martial art that helps improve balance and relieve pain.

## ART CLASSES

### **Mondays:**

**Drawing with Christine-9:45 AM** This course, taught by Artist Christine Goldbach, covers the fundamentals of drawing emphasizing the use of line, shape, value and composition. All levels welcome.

### **Tuesdays & Thursdays:**

**Watercolors with Sabine-9:30 AM** Watercolor class taught by Artist Sabine Bonnar. All levels are welcome. A supply list will be provided.

### **Fridays:**

**Acrylic/Oil Painting with Christine-10:00 AM** A painting class taught by Artist Christine Goldbach utilizing acrylic and oil paints. All levels are welcomed. Please bring your own supplies and subject matter. A supply list will be provided.

### **Beading Class**

Viola will return in the Spring for the monthly beading class!

### **Let's Go Green!**

Sign up to receive our newsletter by e-mail.

Email: [jfranco@trumbull-ct.gov](mailto:jfranco@trumbull-ct.gov).



## COMMUNITY NEWS

### LOANS AVIALABLE FOR SENIORS

The Senior Housing Assistance Fund (SHAF) provides interest free loans up to \$1,000.00 to eligible people who are 60+ for the purpose of obtaining and/or remaining in safe, affordable housing. Annual income limits for the loan are \$24,12.00 for a single and \$32,480.00 for couples and the borrower determines the repayment schedule.

As we are nearing the end of the year, once again we wanted to make you aware of these funds which can be utilized for security and utility deposits, moving expenses, furnaces, roof repairs, adaptive equipment for the home and renovations. If you are aware of anyone who may be eligible and in need of funding, please contact Nancy Lombard at your earliest convenience at

203 814-3671 or [nlombard@swcaa.org](mailto:nlombard@swcaa.org)



#### **Inclement Weather Policy** **Trumbull Senior Center**



If Trumbull Public Schools are **closed** due to bad weather, all activities/classes/transportation/lunches are cancelled and the Center will be **closed**.

If the Trumbull Public Schools are **delayed**, the Center **morning** activities are delayed. Be sure to check all closings and delays for the delayed opening time.

**Trumbull Senior Center Closings and Delays are publicized on T.V. channels 12, 8, 6 and 3; on WICC 660 and WEBE 108 on the radio; and on the and Town of Trumbull website.**

**For a text alert on our delayed or closing status sign up at:**

#### **NBC:**

<https://www.nbcconnecticut.com/news/local/Sign-Up-For-Winter-Weather-Closing-Alerts-106521708.html>  
OR

#### **WSFB CHANNEL 3:**

<https://my.textcaster.com/asa/Default.aspx?ID=c1616077-39d9-4682-b0ca-63a1ee174441>

If travel becomes hazardous during the course of the day due to bad weather, staff may cancel activities for the remainder of the day. If this occurs, all bus passengers will be driven home. No passenger will be left stranded. Members and instructors are encouraged to check for cancellations or delays during inclement weather.

#### **Mary J. Sherlach** **Counseling Center**

The Mary J. Sherlach Counseling Center is a department of the Town of Trumbull dedicated to enhancing the quality of life in Trumbull by providing counseling and psychotherapy for Trumbull residents and their families.

Counseling services can be arranged simply by calling the Counseling Center for an appointment.

Modest fees are based on each family's ability to pay and there is no charge for the first appointment.

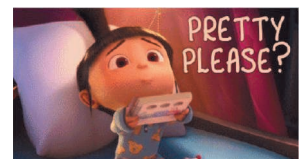
121 Old Mine Road

Trumbull, CT 06611

**Phone:** (203) 261-5110

#### **WISH LIST**

- PORTABLE CD PLAYER
- BLUE TOOTH SPEAKER
- DECAF COFFEE
- UNOPENED COOKIES AND CAKES



## The Travel Corner: *Let Your Journey Begin*

We provide transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides to doctors, lawyers, shopping, appointments, nursing home visits. Call to inquire. (203) 452-5137. Registration is required.

### **Knights of Columbus Museum and Modern Pizza**

**Thursday, February 22nd**

Join us for a trip to visit the Knights of Columbus Museum in New Haven. The exhibit on display is World War II: Beyond the Front Lines. Enjoy lunch at the famous Modern Pizza Restaurant.

Transportation and admission to the museum is free;  
you are responsible for the cost of your lunch.

To RSVP, please call (203) 452-5199.

Maximum 14 people.

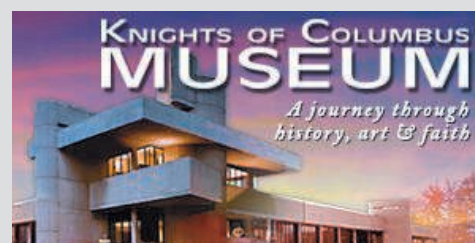
#### **Bus Schedule**

Bus will leave the Center at 10:30 AM.

Knights of Columbus Museum from 11:00 AM—12:30 PM

Modern Pizza from 1:00 PM-2:30 PM

Bus will return to the Center by 3:00 PM.



### **The Shuttle Loop: Get a choice!**

Must RSVP: (203) 452-5137

**Estimated pick up time between 9:00 am-10:00 am**

Stores within the "Loop" include Big Y, ShopRite, Best Buy, TJ Maxx, Kohl's & Target. Hop on and let the driver know where you would like to go!

- **Thursday, February 1st**
- **Thursday, February 8th**

There is a minimum of 4 passengers

### **Stop and Shop Schedule: Call for a pick up**

- Stern Village Residents: Wednesdays
- Trumbull Residents: Tuesdays

Shopping is from 10:00 AM -11:00 AM.

You will be picked up between 9:00 AM-9:45 AM.

Wheelchair accessible, aides or caregivers are welcome.

Must RSVP: (203) 452-5137



### **Need a Ride to the Doctor?**

We offer rides to and from medical appointments Mondays, Tuesdays, and Thursday. We travel to Trumbull, Bridgeport and Stratford. All riders must be independent; care givers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Drivers may not physically assist riders to and from the vehicle. Senior Center Membership is not required but all riders must fill out a registration form. Donations are gratefully accepted. Donations can be made to the Trumbull Senior Center at 23 Priscilla Place, Trumbull CT, 06611



### **Our fabulous bus drivers:**

Jeanne Horvath

Vincent Pavone

Bill Schiappa

Andy Mastrone

**Shop with us at the Food Pantry. Please call for inquiries and eligibility. 203-452-5198**

**Transportation is available for pantry shoppers.**  
**(riders must be at least 18 years of age)**



## DAY AND OVERNIGHT TRIPS: *Stop by the Center for detailed flyers*

Take a look at our day and overnight trips. Anyone is welcome; membership or residency not required.

Driver trips: all amenities are included in the price.

Email Jeannie Franco with any questions [jfranco@trumbull-ct.gov](mailto:jfranco@trumbull-ct.gov) or call (203) 452-5199.

Payment and trip policy form is required before signing up.

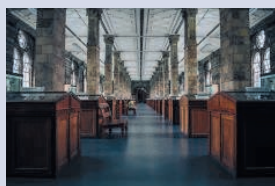
### **Follow the Steps of our Founding Fathers... Philadelphia.**

**Date: April 10th-12th**

**Cost: \$467.00 pp double/triple.  
\$621.00 pp single based on 40-50.**

#### **Friendship Tours**

Includes: Deluxe motor coach, 2 nights hotel, taxes, 2 dinners, 2 breakfasts, sightseeing & admissions as per itinerary, Tour Escort, Driver and Tour Director Gratuities



### **The 37th Annual CT Flower & Garden Show**

**Date: February 22nd**

**Cost: \$86.00**

#### **Getaway Tours**

Includes: Transportation, Luncheon at the Chowder Pot, Admission to the CT Flower Show, Driver's Gratuity



### **West Point Dress Parade**

**Date: April 28th**

**Cost: \$105.00 based on 40-52**

#### **Friendships Tours**

Includes: Parade, Lunch at Hotel Thayer, Guided Tour of West Point



### **St. Patrick's Celebration at the Aqua Turf**

*Featuring the  
Maclean Avenue Band*

**Date: March 20th**

**Cost: \$79.00**

#### **Getaway Tours**

Includes: Transportation, Lunch and Glass of Wine or Beer, Entertainment, Driver's Gratuity



### **Westchester Broadway Theatre Presents: "100 Years of Broadway"**

#### **Gateway Tours**

**Date: February 1st**

**Cost: \$99.00**

Includes: Transportation, Lunch and Show,



### **2018 Trips**

- Log Cabin in Holyoke, MA.
- New York Botanical Garden Georgia O'Keefe
  - Harlem Tour
  - Lobster & Casino
- Locks and Lunch along Hudson
- Whale Watch from Boston
- Museum of American Revolution

*Flyers available at the Center.*

### **Over Night Trips with Collette Tours**

**Tour: Albuquerque Balloon Fiesta**

**Departing:** Thursday, October 11th, 2018

**Returning:** Tuesday, October 16th, 2018

**Triple:** \$2,649.00

**Double:** \$2,679.00

**Single:** \$3,379.00



### **Westchester Broadway Theatre Presents:**

#### **A Chorus Line**

**Thursday, March 22nd**

**\$104.00 per person**

#### **Friendship Tours**

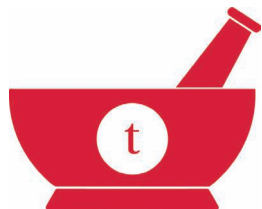
**Includes:**

Roundtrip Motor coach, lunch and a show, all taxes and gratuities including driver.





Monday	Tuesday	Wednesday	Thursday	Friday
 <h1>February</h1>			9:00 Balance & Core <b>1</b> 9:30 Water Colors 10:00 Slim Approach <b>10:15 Strength Training</b> 11:30 Feldenkrais 12:30 Pinochle <b>2:00 Family Conflict</b>	9:00 Dance & Tone <b>2</b> 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch <b>5</b> 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge <b>11:00 Book Club</b> 12:45 Line Dance 2:00 Yoga	9:00 Wellness Nurse <b>6</b> 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance <b>10:30 Sit and Fit</b> 11:30 Zumba Lessons 1:30 Tai Chi Quan	9:00 Yoga <b>7</b> 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise <b>10:30 Computer Tutor</b> 11:00 Tap Dance 12:30 Pinochle & Mahjong <b>12:30 Qigong</b>	9:00 Balance & Core <b>8</b> 9:30 Water Colors 10:00 Slim Approach <b>10:15 Strength Training</b> <b>10:30 Computer Tutor</b> 11:30 Feldenkrais 12:30 Pinochle	9:00 Dance & Tone <b>9</b> 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi <b>11:30 Lunch and Movie</b> 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch <b>12</b> 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance <b>1:00 Bingo</b> 2:00 Yoga	9:00 Wellness Nurse <b>13</b> 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes <b>1:00 HAM Radio</b> 1:30 Tai Chi Quan	9:00 Yoga <b>14</b> 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise <b>10:30 Cooking Demo</b> <b>10:30 Computer Tutor</b> 11:00 Tap Dance 12:30 Mahjong & Pinochle <b>12:30 Qigong</b>	9:00 Balance & Core <b>15</b> 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach <b>10:15 Strength Training</b> <b>10:30 Computer Tutor</b> 11:30 Feldenkrais 12:30 Pinochle <b>2:00 Family Conflict</b>	9:00 Dance & Tone <b>16</b> 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi <b>11:00 Valentine's Party</b> 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
<b>19</b>  The Center is closed in observance of President's Day.	9:00 Wellness Nurse <b>20</b> 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance <b>10:30 Sit and Fit</b> 11:30 Zumba Lessons 12:30 Dominoes 1:30 Tai Chi Quan	9:00 Yoga <b>21</b> 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise <b>10:30 Computer Tutor</b> 11:00 Tap Dance <b>11:00 Homecare Topic</b> 12:30 Pinochle and Mahjong <b>12:30 Qigong</b>	9:00 Balance & Core <b>22</b> 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach <b>10:15 Strength Training</b> <b>10:30 Computer Tutor</b> <b>11:00 Music DJ Al Song</b> 11:30 Feldenkrais 12:30 Pinochle	9:00 Dance & Tone <b>23</b> 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi <b>11:30 Monthly Birthday</b> 12:30 Mahjong 12:30 Pinochle <b>1:00 Super Bingo</b> 1-4 Billiards Game
9:00 Stretch <b>26</b> 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life <b>27</b> 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons <b>12:30 Lunch and Bingo</b> 1:30 Tai Chi Quan	9:00 Yoga <b>28</b> 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise <b>10:30 Family Feud</b> <b>10:30 Computer Tutor</b> 11:00 Tap Dance 12:30 Pinochle and Mahjong <b>12:30 Qigong</b>		



## Trumbull Pharmacy

DRIVE-THRU • FREE DELIVERY • MULTI-DOSE PACKING  
FREE FLAVORING • COMPOUNDING • SURGICAL

**10 Broadway Road • Trumbull • Call or Text 203-718-MEDS**

Alok Bhatt, Pharmacy Manager • Monday-Friday 8am-11pm • Saturday & Sunday 9am-7pm

# Types of candy

K	T	O	M	S	D	A	E	H	R	I	A	C	K
C	O	N	P	O	P	R	O	C	K	S	S	O	C
H	O	C	A	R	A	M	E	L	O	I	R	T	H
I	T	O	L	L	O	O	N	A	L	T	E	T	O
N	S	E	S	I	O	T	E	A	I	S	K	E	C
E	I	F	K	N	E	L	F	S	W	L	C	N	O
S	E	U	F	P	D	F	L	E	S	G	U	C	L
E	R	T	E	L	Y	C	E	I	O	U	S	A	A
C	O	N	R	T	N	T	A	R	P	M	S	N	T
A	L	C	A	C	T	I	N	I	N	O	P	D	E
N	L	F	I	A	O	O	G	A	P	O	P	Y	I
D	F	P	R	S	C	P	U	C	E	S	E	E	R
Y	U	T	F	W	S	S	E	I	T	R	A	M	S
I	H	A	T	O	O	T	S	I	E	P	O	P	E

COTTEN CANDY  
 LOLLIPOP  
 TOOTSIE ROLL  
 SWEET TART  
 TOOTSIE POP  
 CHINESE CANDY  
 LAFFY TAFFY  
 CARAMEL  
 CHOCOLATE  
 AIR HEADS  
 GUM  
 REESE CUP  
 POP ROCKS  
 SUCKERS  
 SMARTIES

Play this puzzle online at : <http://thewordsearch.com/puzzle/968/>



**MEDICAL ARTS PHARMACY**

15 Corporate Drive, Suite 1-1, Trumbull

**FREE RX DELIVERY TO YOUR HOME OR OFFICE**

**Call 203-590-3737**

**today to transfer your Rx  
to Medical Arts Pharmacy**

**LITTLE ANGELS  
ELDERLY HOME CARE  
POLISH AGENCY**

Providing Elderly Care • Companions  
Live-In Caregivers

Stay Independent in Your Home!

**Ewa Bors • 203-278-1436**

littleangelshomecare48@yahoo.com

**REMARKABLE MEMORY  
CARE ASSISTED LIVING  
IN YOUR BACKYARD**



**Bridges**

BY EPOCH

MEMORY CARE ASSISTED LIVING  
AT TRUMBULL

Remarkable people. Exceptional care.

**203.397.6800**

[www.BridgesbyEPOCH.com](http://www.BridgesbyEPOCH.com)



(CT Relay 711)



**Support That Fits Your Lifestyle**

Alzheimer's & Dementia Care  
Companionship ~ Personal Care ~ Meals &  
Nutrition ~ Transportation ~ Household Duties  
Respite Care ~ Hospice Care

Call for a free, no-obligation consultation – 203-426-6666 / 203-386-1151

CT DCP Reg.#HCA.0000160 [www.homeinstead.com/307](http://www.homeinstead.com/307)

Each Home Instead Senior Care franchise office is independently owned and operated.

**Genesis**



**St. Joseph's Center**

REHABILITATION CENTER

6448 Main Street, Trumbull • 203-268-6204

➤ Reach the Senior Market

**ADVERTISE HERE**

CONTACT

**Mark Carofano to place an ad today!**

**mcarofano@4LPi.com or (800) 477-4574 x6347**

*Christopher T. Greenwood  
Attorney at Law*

*With proper Medicaid - Title 19 planning, we can help guide you and your family  
through the Medicaid - Title 19 process, while protecting your home and assets*

Medicaid - Title 19 Asset Preservation Planning / Last Will and Testaments  
Living Wills / Powers of Attorney / Estates and Trusts / Conservatorships  
Health Care Directives / Real Estate Guidance for Seniors

**203-375-4040 - [www.greenwoodelderlaw.com](http://www.greenwoodelderlaw.com)**

**799 Silver Lane, Trumbull, CT 06611**

**Setting the Standard in Comfort and Care**

**Our Services .....**

- Physical, Occupational and Speech Therapy
- Customized Clinical Programs
- Orthopedic Rehabilitation
- Cardio/Pulmonary Rehabilitation
- Cognitive Retraining
- Ambulation Retraining
- Endurance Training
- Activities of Daily Living Retraining
- Stroke Recovery
- Alzheimer's/Dementia Care
- Cardiac Care Program



[www.ludlowecenterhealth.com](http://www.ludlowecenterhealth.com)

**For a private tour, please call us at**

**203-372-4501**

118 Jefferson Street, Fairfield, CT 06825



**PASSPORT**



LITURGICAL  
PUBLICATIONS

Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.4lpi.com](http://www.4lpi.com)

Trumbull Senior Center

06-5293



### Great News for the Medicare Savings Program!

The State Legislators have extended the Medicare Savings Program for all recipients through June 2018. The Legislators will continue to work on a solution to keep this program going. Continue to call your legislators with your concerns!



### Energy Assistance:

Social Services will begin taking applications for the 2017--2018 Winter Heating/Energy Assistance Program beginning Monday, October 2, 2017. The Connecticut Energy Assistance Program (CEAP) can assist households with their primary heating source (oil, gas, electric) costs during the winter months. If the household's primary heating costs are included in rent, you may also apply for assistance. THIS PROGRAM IS INCOME AND ASSET BASED. Please call Social Services directly @ 203-452-5198 for program guidelines, required documentation and to schedule an appointment. Home bound visits are available upon request.

### Senior and Disabled Persons Volunteer Tax Relief

The town has established a program of *tax relief* for qualifying seniors and disabled persons who choose to give their time, talent and energy by volunteering to provide services to the town. Qualifying taxpayers, who volunteer to provide one hundred (100) hours of service to the Town of Trumbull, shall be eligible for a *tax* credit of a fixed amount up to \$600 upon his or her real estate taxes. In order to qualify for the benefits of this Volunteer Tax Relief Program, residents:

- At the close of the preceding calendar year must be sixty-five (65) years of age and over, or whose spouses, living with them, are sixty-five (65) years of age or over, or sixty (60) years of age or over and the surviving spouse of a taxpayer qualified in this municipality under this section at the time of his or her death or with respect to real property on which such residents or their spouses are liable for taxes
- At the close of the preceding calendar are eligible in accordance with applicable federal regulations to receive permanent total disability benefits under Social Security,
- Are qualified for permanent total disability benefits under any federal, state or local government retirement or disability plan, including the road Retirement Act and any government-related teacher's retirement plan.
- Own or be held in trust for their benefit and occupy as their principal residence, real property in the Town of Trumbull or be liable for the payment of taxes.

Volunteer hours are to be completed in one (1) calendar year. The *tax* credit earned shall be applied to the *tax* bill issued for payment in July of the year following the calendar year of service. Please contact the First Selectman's office at

(203) 452-5005 or the Senior Center at  
(203) 452-5199 if you would like to apply.

**Your unused medication can be a prescription for trouble.**

**MEDICATION DROP BOX**  
**FREE - SAFE - ANONYMOUS**

Keep unused medications safe from our kids, and out of our water supply and landfill. Bring medications in original containers with the label removed.

**Accepted:** prescription, over-the-counter, pet medication, vitamins/supplements, patches and ointments, medication samples

**Not Accepted:** inhalers, needles (sharps), hydrogen peroxide, aerosol cans, hazardous waste

Open 365 days/year, 24 hours/day. Trumbull Police Dept. Lobby, 158 Edison Rd.  
<http://www.trumbull-ct.gov/TPAUD>